

**Shelton State
Baseball Guide
1994
Part 2**

Freddie Smiley

6'2"

Freshman

206

Decatur, AL
Bats Right, Throws Right

30

Outfield



Personal Chart

College Major: Business

Hobby: Basketball

Favorite Athlete: Barry Bonds

Greatest Sports Thrill: Willing state playoff, 14-15 year olds.

Birthday: September 3, 1973

Jonathan Songer

6'

Sophomore

173

Jasper, AL
Bats Right, Throws Right

16

Infield



Coached by Greg Tinkier at Walker High School ... Retained .300+ batting average through high school ... Played at K.C. Royals' spring training facilities.

Personal Chart

College Major: Undecided

Birthday: August 11, 1974

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Brian Sparks

6'3"

Sophomore

190

Madison, AL

Bats Right, Throws Right

18

Infield



Information unavailable

Personal Chart

College Major: Undecided

Birthday: October 22, 1973

Slade Stewart

5'10"

Freshman

170

Huntsville, AL

Bats Right, Throws Right

5

Infield



.372 batting average
Butler High School ...
Coach Billy Coggins ...
East-West All Star ... '93
American Legion State
Championship.

Personal Chart

College Major: Elementary
Education

Hobbies: Bowling, Nintendo

Favorite Athlete: Deion Sanders

Greatest Sports Thrill: Winning
'93 state championship

Birthday: July 21, 1975

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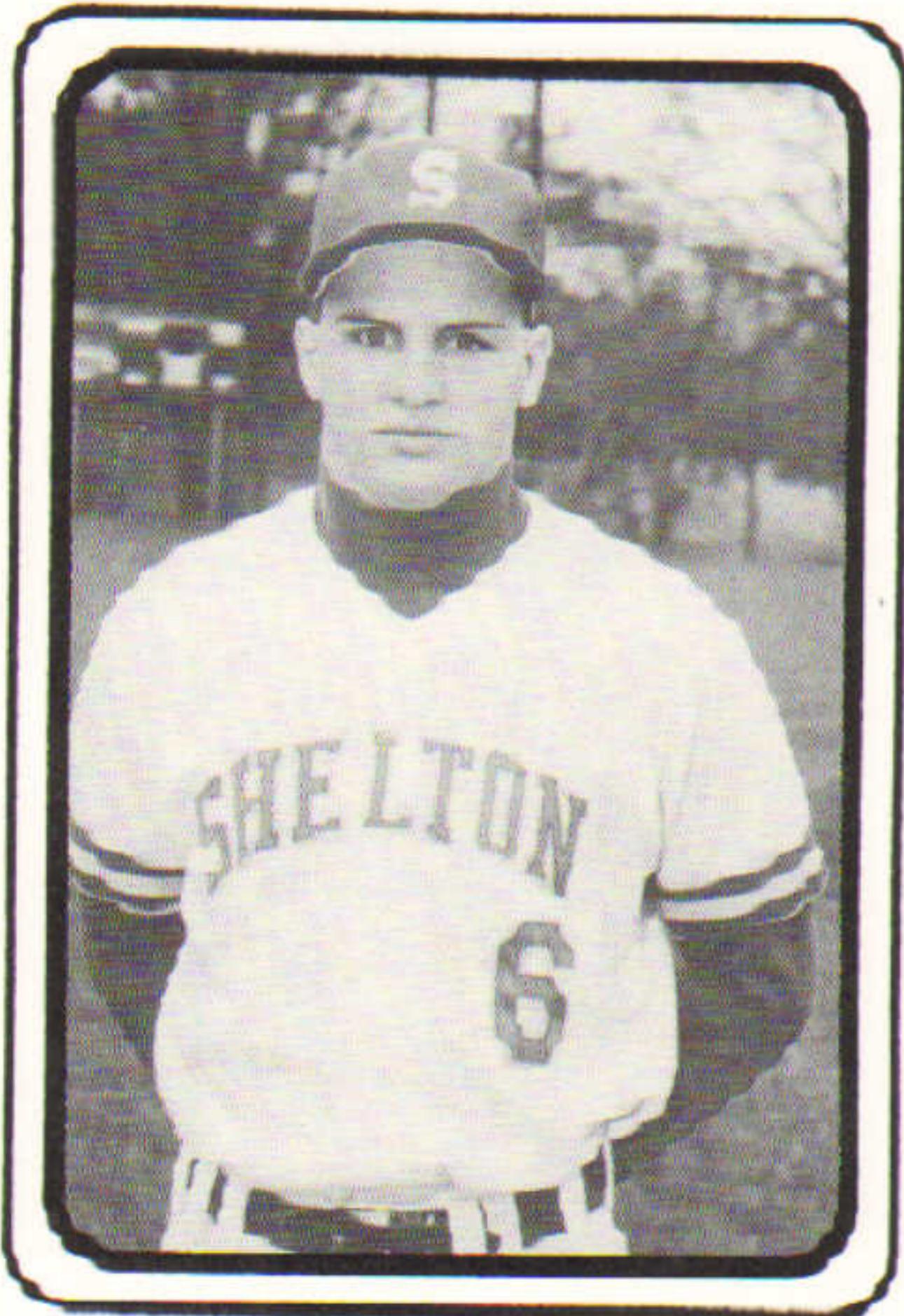
5'8"

Freshman

155 Tuscaloosa, AL
Bats Right, Throws Right

6

Catcher



Personal Chart

College Major: Undecided

Hobbies: Collecting baseball cards, Basketball

Favorite Athlete: Carlton Fisk

Birthday: May 3, 1974

Randy Sumner

6'2"

Sophomore

188 Cottondale, AL
Bats Right, Throws Right

22

Outfield



Personal Chart

College Major: Environmental Science-Forestry

Hobbies: Fishing and Hunting

Favorite Athlete: Will Clark

Greatest Sports Thrill: Winning state championship senior year.

Birthday: October 26, 1973

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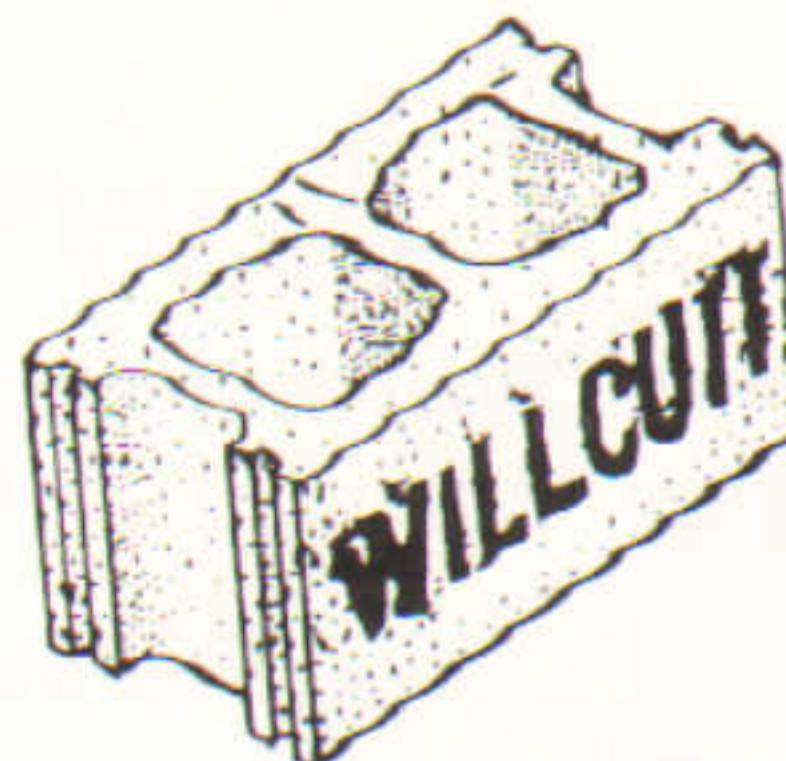
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Kevin Thomas

5'9"

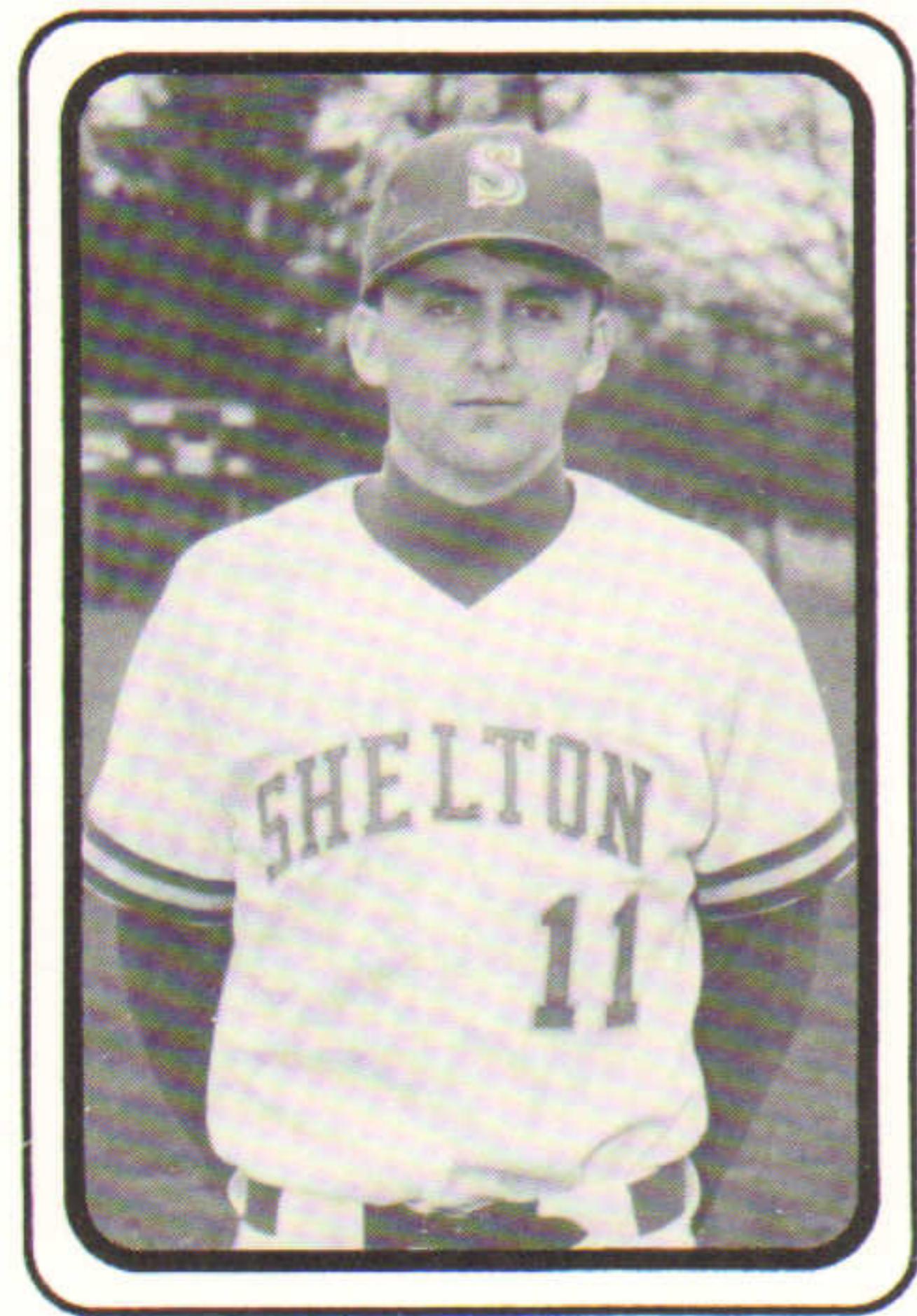
Freshman

160

Nauvoo, AL
Bats Left, Throws Left

Redshirt

Pitcher



Played for Coach Craig Bell, Winston County High School ... Made All County 3 years ... 2nd in county championship ... Agribusiness scholarship award.

Personal Chart

College Major: Undecided

Birthday: July 7, 1973

Brad Wright

6'3"

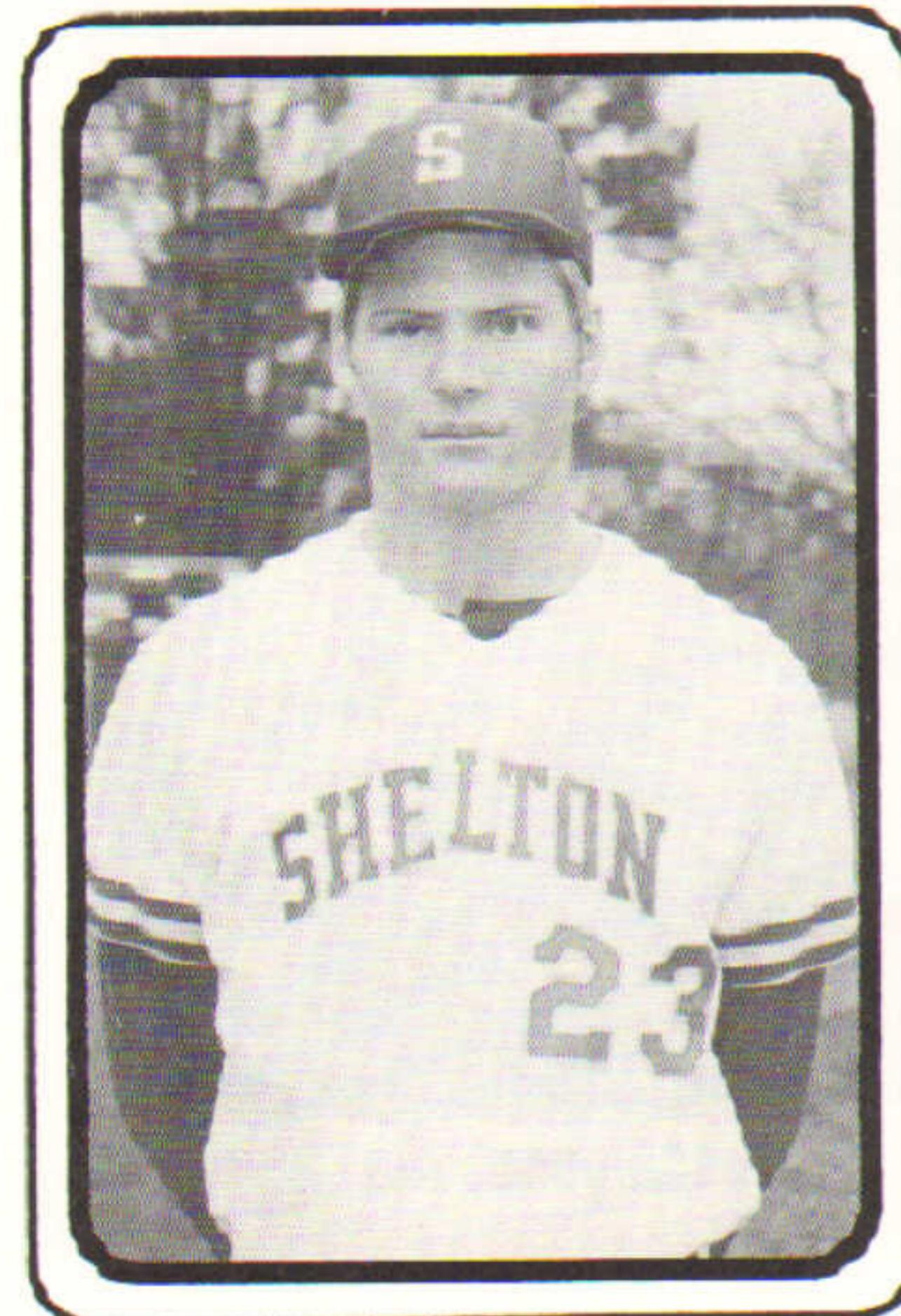
Freshman

182

Northport, AL
Bats Right, Throws Right

23

Pitcher



Record of 14-5 as pitcher at Hillcrest High School ... Coached by Phil Robinson and Dennis Alvarez ... East-West All Star ... Area 7 champions 2 years ... Scholar/Athlete scholarship ... Presidential Academic Fitness Award ... US Reserve scholar/athlete award ... Honor student.

Personal Chart

College Major: Accounting

Hobbies: Basketball, Fishing

Favorite Athlete: Jack McDowell

Greatest Sports Thrill: Pitching in state championship playoffs.

Birthday: May 7, 1975



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1994 Redshirts

Joe Flannagan	5'10" Freshman	180 Panama City, FL Bats Right, Throws Right
Shannon Hamilton	6'3" Freshman	170 Thorsby, AL Bats Left, Throws Left
Jason Mills	5'10" Freshman	155 Northport, AL Bats Right, Throws Right
Grant Morrow	6' Freshman	180 Sumiton, AL Bats Right, Throws Right
David Patrick	6'2" Freshman	220 Tuscaloosa, AL Bats Right, Throws Right
Ron Snell	5'9 " Freshman	150 Tuscaloosa, AL Bats Right, Throws Right



Freshmen

Save Time With Circuit Training

Pressed for time, athletes often do not have enough help to ensure their safety while working out. And, allowing athletes to work out by themselves exposes coaches to liability should an athlete be injured.

Circuit training may be the answer for athletes and coaches. Circuit training helps athletes achieve good results in a shorter period of time and with less supervision. Performed three days a week, circuit training uses all the machines in the weight room and allows coaches to do some of their favorite exercises.

To work the upper body, use the biceps curl and triceps extension machines, incline bench and a variety of shoulder exercises. To work the lower body, use squats, leg curl, leg press, leg extension, calf raises and lunges. Of course, there are many other exercises that will benefit athletes.

During the first meeting go through the weight room and show athletes the correct techniques for using each machine. Allow the athletes time to become familiar with the machines during the rest of the meeting. The time at each station may vary due to the allotted period. During the first couple of weeks, have athletes use lighter weights and work 25 to 30 seconds with 8 to 10 second rest periods. The rest periods

should give the athletes just enough time to move on to the next machine. While the athletes move, encourage them to work harder or praise a particular athlete to motivate the others. If this does not work and some of the athletes are just going through the motions, make them stay at the same station and start over.

After athletes adjust to the program and begin to show strength gains, increase them to a heavier weight but also decrease the time. Athletes will then be able to go through the circuit twice since it can be done faster. After the last station, athletes need to work on the abdominal muscles. Incorporate a variety of exercises, including sit-ups, crunches and Russian-twists.

These exercises will help develop muscle endurance, power and strength to the upper and lower body. Remember, training is specific. The more closely a weight-training movement simulates the movement of the sport, the more helpful it is likely to be.

Chris Smalley,
Assistant Baseball coach,
Shelton State Community College,
Tuscaloosa, Alabama



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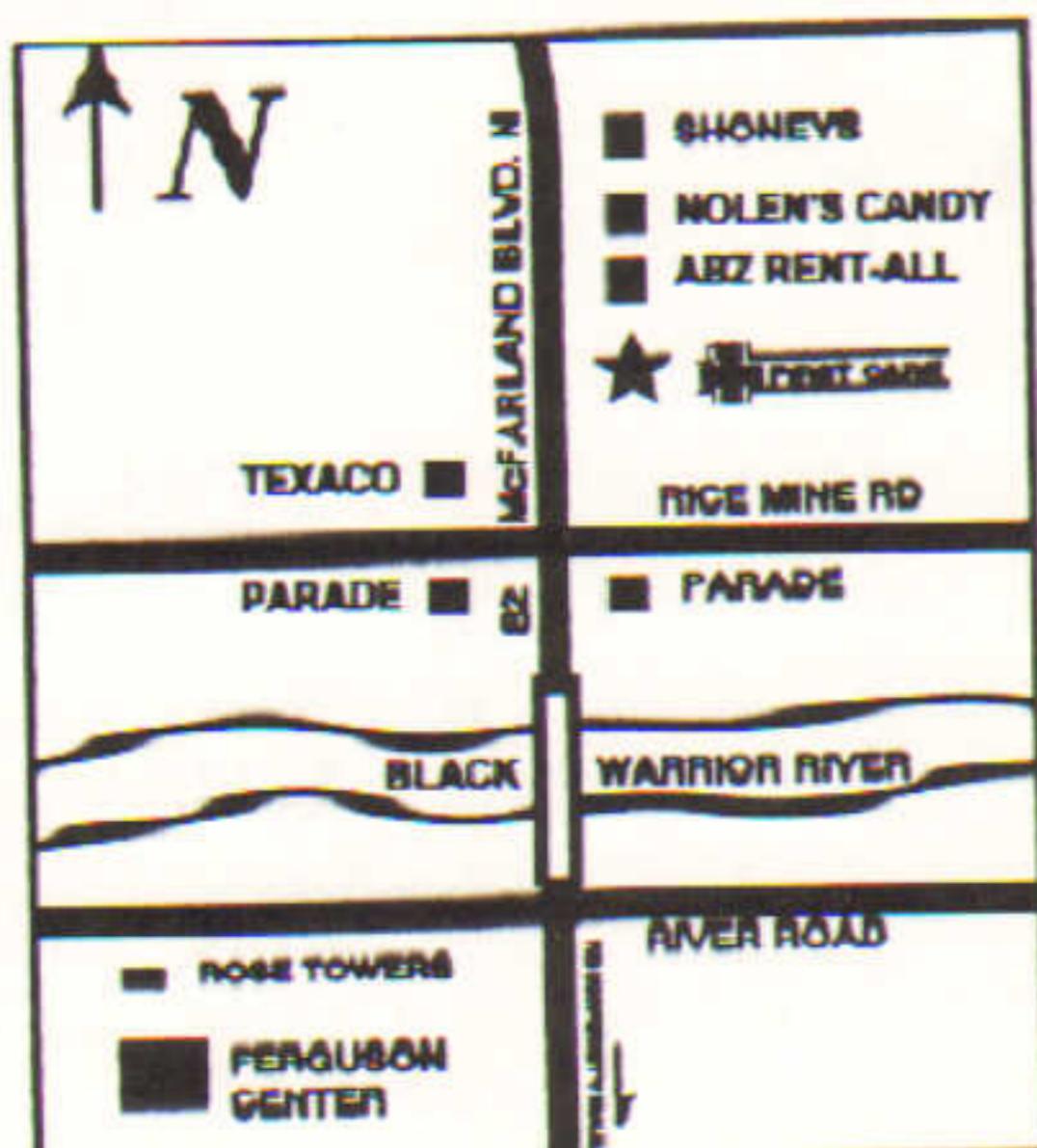
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Nanette*

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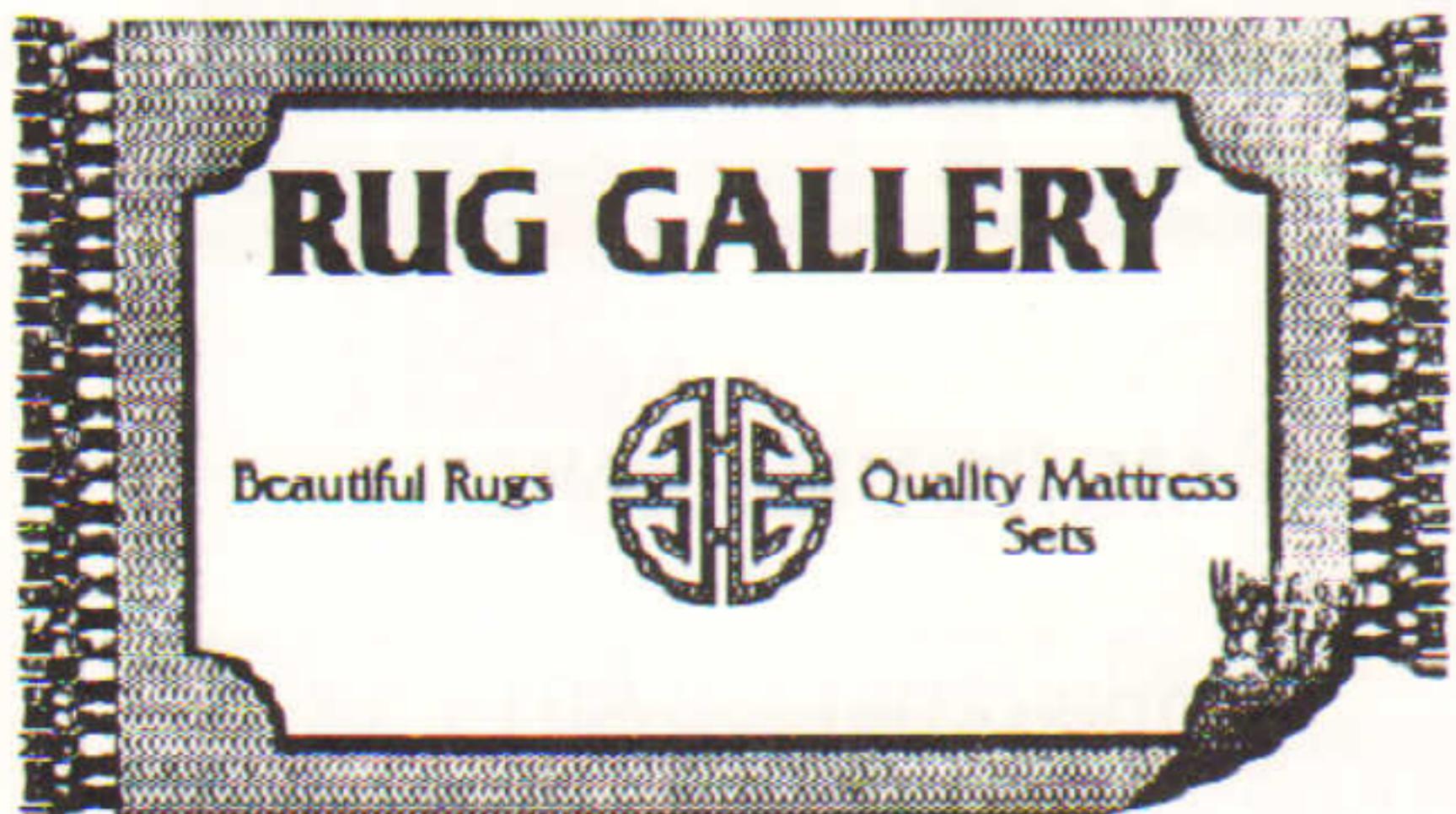
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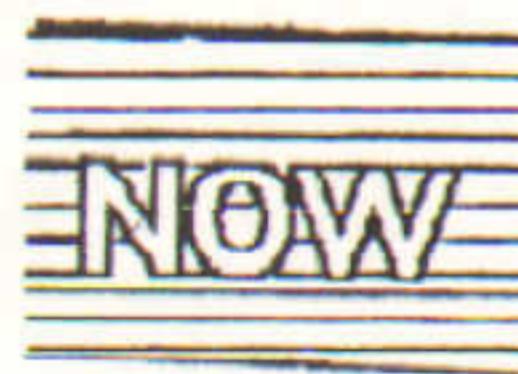
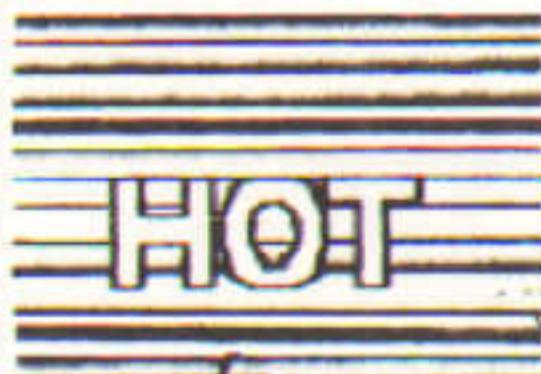
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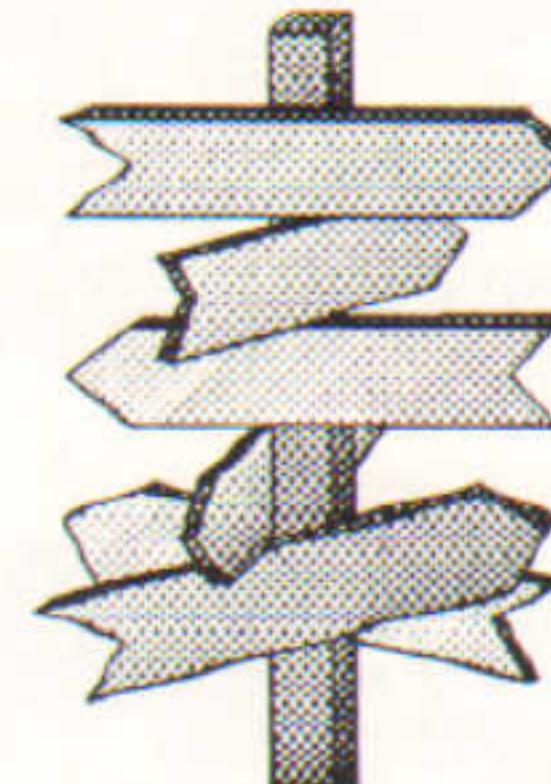


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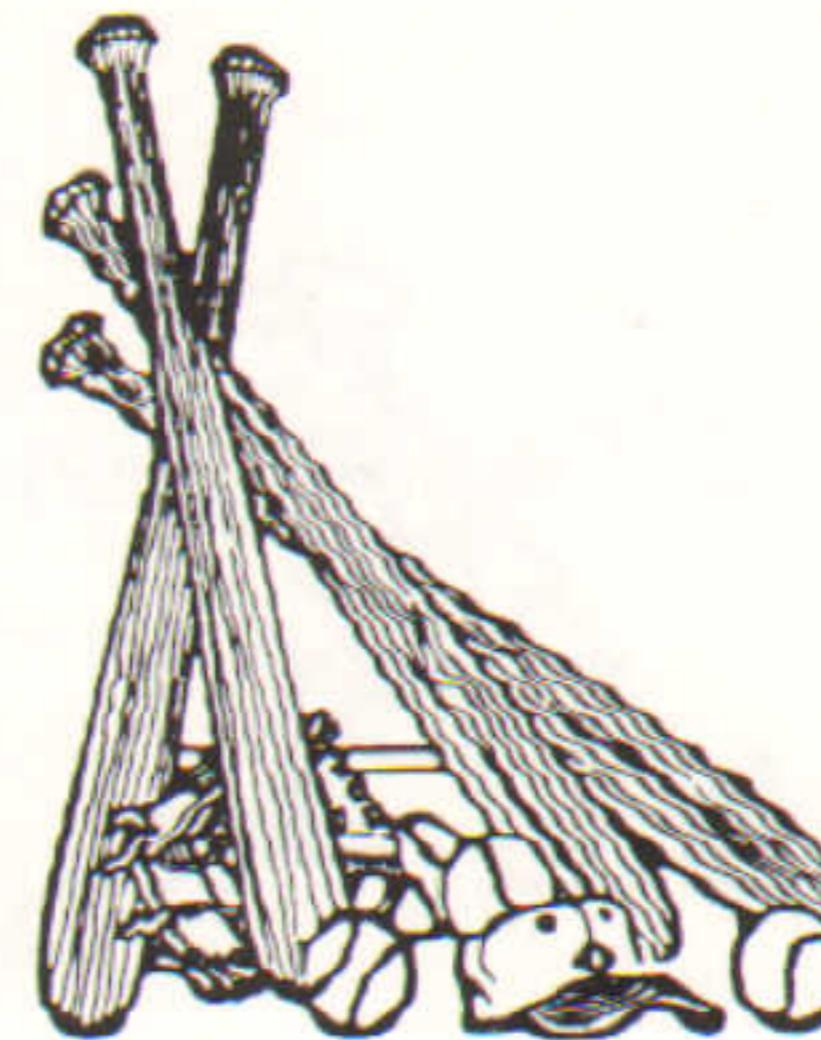
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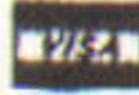
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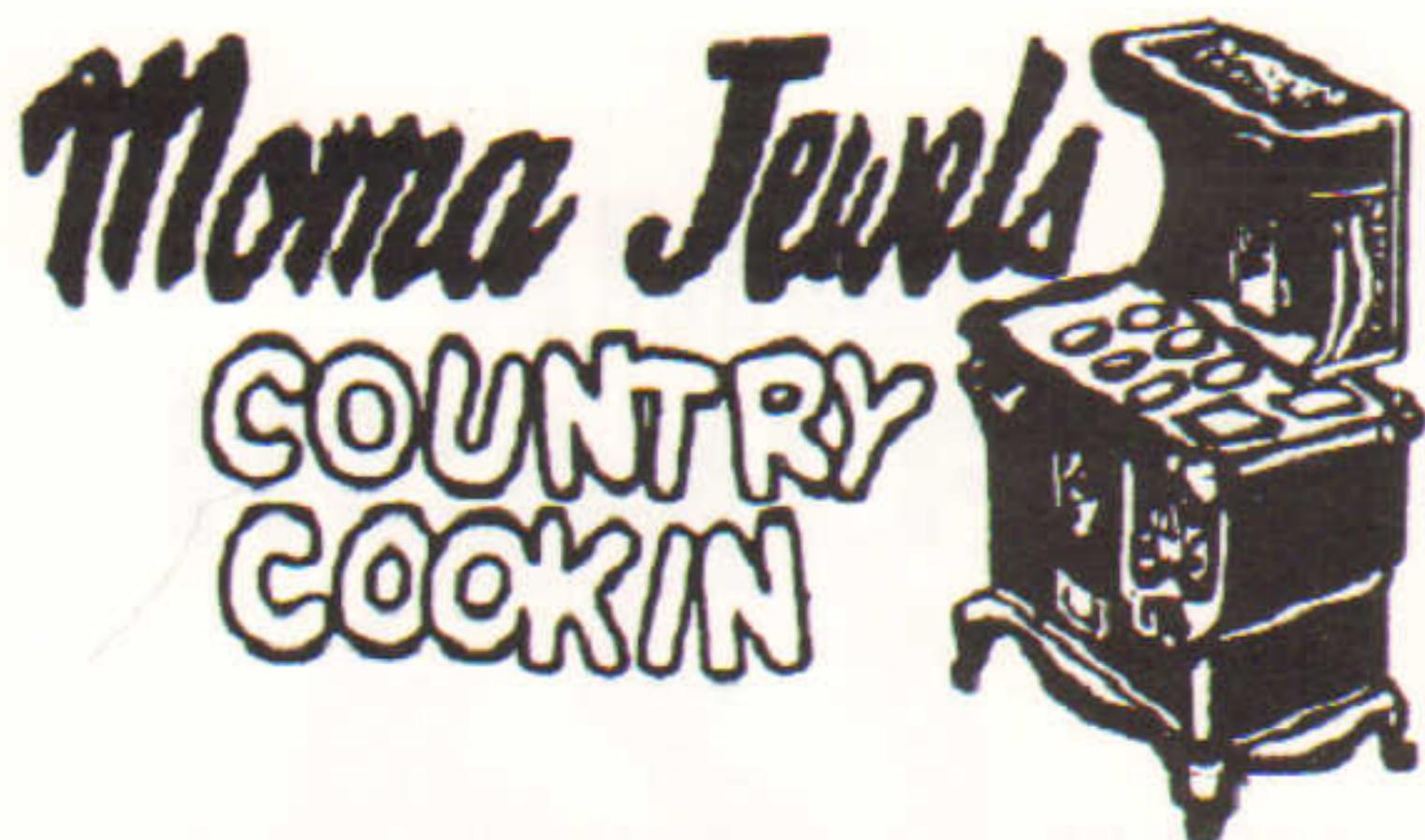
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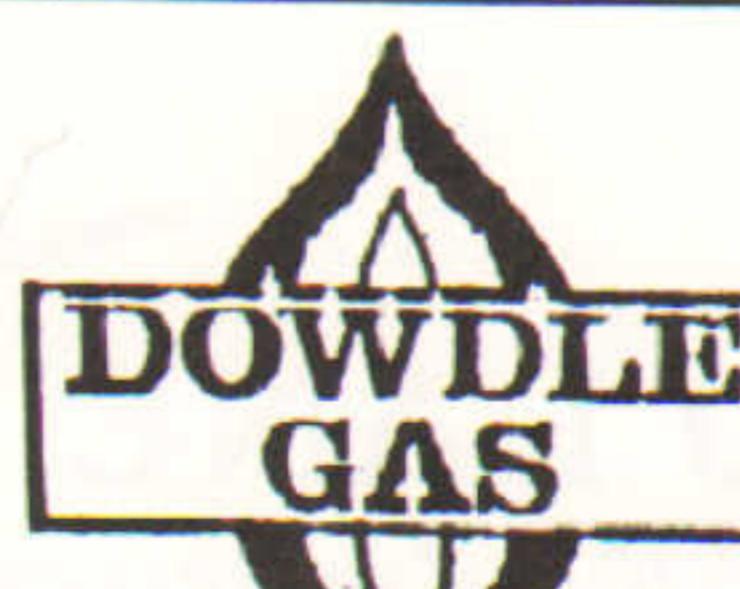
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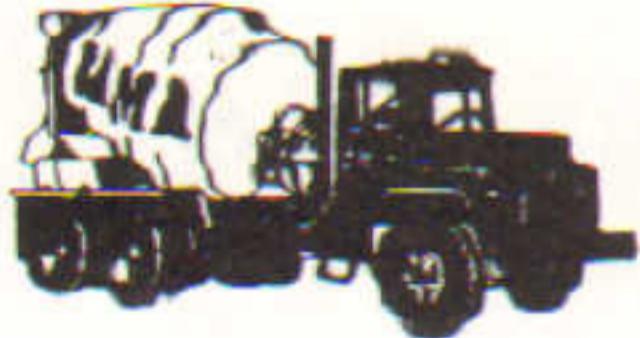
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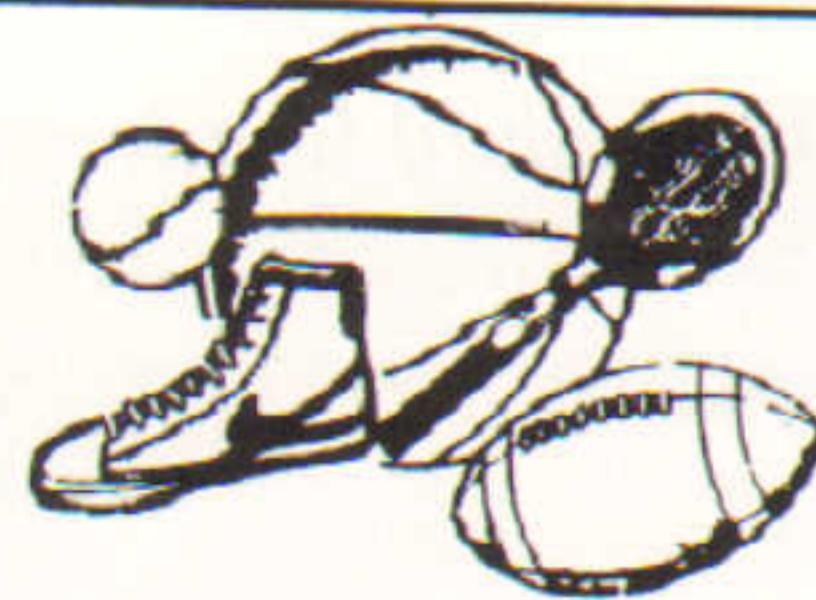
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LINDA ROBERTS

216 Vestavia Shopping Center
Northport, Alabama 35476



Dana Ussery
Scorekeeper



If You Know Where You Are Going

The world will make a place for you
If you know where you are going;
They'll stand aside and help you pass
If you'll just keep on growing.
But they will hold you in contempt
And scorn your lofty morals
If they discover you're content
To rest upon your laurels
The world takes pride in goals
you've won,
And has from your beginning,
But they'll admire you so much more
If you'll go right on winning.
But if you rest content and cease
When others are aspiring,
Friends will begrudge you air
to breath
Nor weep when you are dying.
For we expect exploits from you
And hope you will be giving
The best you have and all you have
In brave adventurous living.
But if you give your second best
You'll reap what you are sowing,
while all stand up and cheer those on
who know where they are going.



There is no right way to do a wrong thing.



The gifts we have are only ours on loan - so for today, honor them, bless them, and work at appreciating them.

The Shelton State Baseball boosters would like to express our appreciation to those who support and contribute to our baseball program. We encourage you to shop these businesses; let them know you are from Shelton and appreciate their interest - SUPPORT OUR SPONSORS!

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For everything there is a time and a season . . .





1994 Shelton State Buccaneers

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